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# Cooking Meat and Poultry

## (For Institutional Use)

United States  
Department of  
Agriculture

Food Safety  
and Inspection  
Service

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The U.S. Department of Agriculture recommends using a meat thermometer and cooking to the temperatures shown in the chart below.

Insert the thermometer into the thickest part of the roast so that the tip is not touching bone, fat, or gristle. For turkeys, insert the thermometer in the thick part of the thigh, next to the body of the bird. (Using a thermometer for other poultry

is not recommended because the chance of touching a bone is too great to ensure accurate measurement.)

	Internal Temperature	
Fresh Beef		
rare-more than 10 pounds	140°F	60° C
rare-less than 10 pounds	145°F	63° C
medium	160°F	71° C
well done	170°F	77° C
Fresh Veal		
	170°F	77° C
Fresh Lamb		
medium	170°F	77° C
well done	180°F	82° C
Fresh Pork		
	170°F	77° C
Cured Pork		
raw ham (cook before eating)	160°F	71° C
fully cooked ham (to warm)	140°F	60° C
shoulder (cook before eating)	185°F	85° C
canadian bacon (cook before eating)	170°F	77° C
Poultry		
turkey	180-185°F	82-85° C
boneless turkey roasts	170-175°F	77-80° C
stuffing (outside the bird)	165°F	74° C

